



Community And Enrichment Center

WEEKLY NEWSLETTER
MAY 7, 2021

AVOCADO CORN SALAD

Avocado Corn Salad with fresh or frozen corn, cucumber, tomato, avocado and a hint of lime is a perfect summer salad.

PANTRY ESSENTIALS

Maintaining a well stocked kitchen full of pantry essentials is key to running an efficient household.

PEANUT BUTTER BANANA DOG TREATS

These Frozen Peanut Butter Banana Dog Treats contain just three ingredients and are so easy to make!

WHAT'S HAPPENING AROUND THE CITY

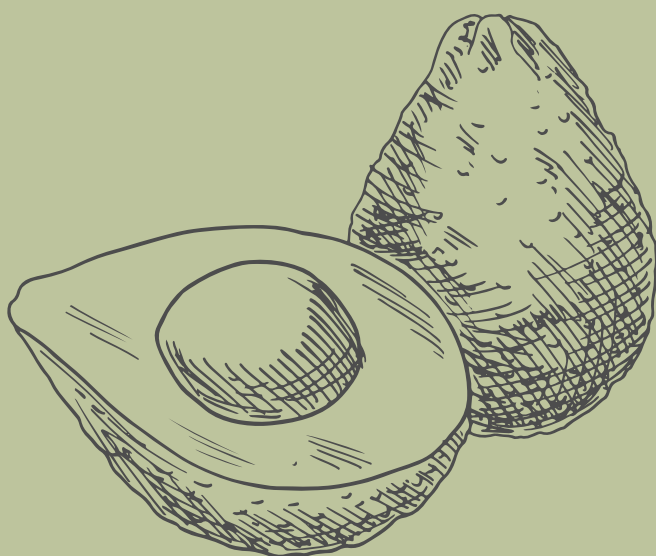
Find out what's happening at The Community and Enrichment Center.

Avocado

AND CORN SALAD

INGREDIENTS

- 3 ears of corn 2 cups corn kernels
- 1 lb mini cucumbers or 1 large English cucumber sliced
- 1 lb grape/cherry tomatoes cut in halves or regular size, chopped
- 3 medium-large avocados cubed
- 3 green onion sprigs finely chopped
- 1 lime zest and juice of
- 2 tbsp olive oil extra virgin
- 1/2 tsp salt
- Ground black pepper to taste



DIRECTIONS

1. Grill: Remove corn from the husk and grill on medium heat for 20 mins or so, turning every 5 mins.
2. Instant Pot corn – so easy!!!
3. Microwave: Remove the end and microwave with husk on for 4 minutes. After you can pick it up by the end and it will slide out of the husk.
4. Frozen corn: Place in a colander into a bowl with hot water for a few minutes and then drain thoroughly.
5. To remove cooked corn kernels off the cob, hold cob vertically with narrow tip down on a cutting board and using a chef's knife cut them off in "stripes".
6. In a large salad bowl, add corn, cucumber, tomato, avocado, green onion, lime zest and juice, olive oil, salt and pepper.
7. Stir gently and serve cold with salmon or chicken.

Save TIME and MONEY With a *Well Stocked Pantry*

PANTRY ESSENTIALS

Basics

Salt & pepper
Olive oil
Vegetable oil
Vinegar (apple
cider, balsamic,
red wine, etc.)

Baking Supplies

Flour
Sugar
Powdered sugar
Brown sugar
Baking soda
Baking powder
Biscuit mix
Cocoa powder
Cornstarch
Chocolate chips
Evaporated milk
Sweetened
condensed milk
Vanilla extract
Almond extract
Yeast
Shortening
Food coloring

Beverages

Coffee
Tea
Wine (red and white)

Snacks

Applesauce	Dried fruit	Pretzels
Chips	Marshmallows	Tortillas
Cookies	Peanut butter	
Crackers	Popcorn	

Dried Herbs

Basil
Bay leaves
Dill or Fennel
Italian Seasoning
Oregano
Red pepper
flakes
Rosemary
Sesame seeds
Thyme

Spices

Adobo
Allspice
Cajun seasoning
Cayenne pepper
Chili powder
Cinnamon (ground
and sticks)
Cloves (ground and
whole)
Cumin
Curry powder
Garlic powder
Ground ginger
Montreal steak
seasoning
Nutmeg
Onion powder
Paprika
Peppercorns
Turmeric

Canned, Jarred, Bottled Goods

Broth (chicken and beef)
Canned beans (navy,
white, black, garbanzo)
Canned fruit
Canned meats (tuna,
salmon, chicken, etc.)
Canned tomatoes (diced,
stewed, paste, roasted)
Canned vegetables (corn,
green beans, etc.)
Honey
Marinara sauce
Salsa
Soups (for cooking and
ready-to-eat)
Syrup

Dry Goods

Beans (lentils, kidney,
black, etc.)
Bouillon (cubes or powder,
chicken and beef)
Bread crumbs or panko
Cereal
Old-fashioned oats
Onion soup mix
Pasta (spaghetti, lasagna,
egg noodles, penne, etc.)
Rice
Taco seasoning packet

Produce

Apples	Lemons
Bananas	Lettuce
Bell peppers	Limes
Carrots	Onions
Cilantro	Parsley
Garlic	Potatoes
Leafy greens (spinach, kale, etc.)	

Refrigerator

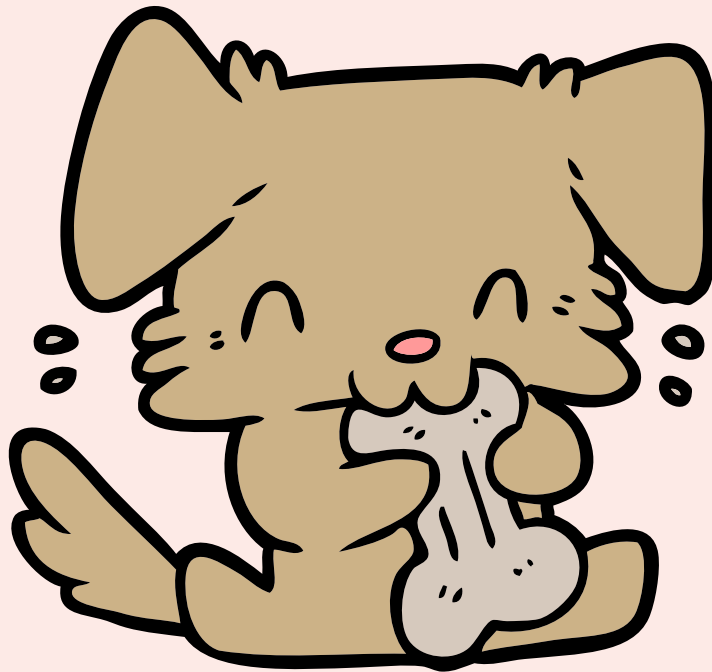
DAIRY & EGGS
Butter
Cheese (sliced, block,
shredded, cheddar,
mozzarella, etc.)
Cream cheese
Eggs
Milk
Plain yogurt
Sour cream
CONDIMENTS
Barbecue sauce
Hot sauce
Jelly or jam
Ketchup
Mayonnaise
Mustard (Dijon, brown,
yellow)
Pickles
Salad dressing (ranch,
Italian, etc.)
Soy sauce
Worcestershire sauce

Freezer

Bacon
Bread
Chicken (breasts,
wings, legs, thighs)
Fruit (mango,
strawberries,
raspberries, etc.)
Ground beef
Nuts (almonds, pecans,
walnuts)
Sausage
Shrimp
Vanilla ice cream
Vegetables

PEANUT BUTTER AND BANANA

Dogg Treats



INGREDIENTS

Peanut Butter
Banana
Plain or Vanilla Yogurt

DIRECTIONS

Blend them all together in a high-powered blender,
spoon into the molds, and then freeze for 2 hours
before serving up to your special furry friend.

What's Happening?



GROUP FITNESS

Group Fitness classes are available Tuesdays and Thursdays at 5:15pm and Wednesdays at 12pm.

For reservations, call 970-848-0407

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill?
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT MAY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277



MAY 2021 YUMA MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESauce</p> <p>BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg</p>	<p>CHICKEN POT PIE SPINACH CAULIFLOWER SALAD FRUIT CUP NATURE COOKIE</p> <p>SENIOR MEETING Calories: 720 Carb: 97.2g Fiber: 9.1g Protein: 36.2g Fat: 23.8g Sod: 656mg</p>		<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN APRICOT HALVES</p> <p>Calories: 611 Carb: 95.0g Fiber: 10.8g Protein: 30.6g Fat: 15.7g Sod: 1027mg</p>
10	11	12	13	14
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>BRAISED BEEF BROWN RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE</p> <p>Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg</p>	<p>CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 698 Carb: 86.0g Fiber: 10.7g Protein: 41.5g Fat: 22.5g Sod: 1080mg</p>		<p>SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP</p> <p>Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg</p>
17	18	19	20	21
<p>OTIS POTLUCK</p>	<p>CHICKEN SALAD w/ GREEN GRAP BEAN MEDLEY SALAD ROLL MANDARIN ORANGES w/ BANANA CARROT CAKE</p> <p>Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE</p> <p>Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg</p>		<p>CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 31.5g Fat: 18.2g Sod: 576mg</p>
24	25	26	27	28
<p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p>LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP</p> <p>Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 593mg</p>	<p>SCALLOPED POTATOES w/ HAM LAYERED SALAD ROLL BANANA SPLIT FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 71 Carb: 103.8g Fiber: 9.6g Protein: 34.2g Fat: 27.2g Sod: 1148mg</p>		<p>BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg</p>
31				
		<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>	